

# Breast Reduction

Patient Information



*Dr. Jane Paterson*

C O S M E T I C   P L A S T I C   S U R G E O N

## ABOUT DR JANE

Dr Jane is highly experienced in performing Breast Reduction procedures.

Breast reduction surgery is designed for women who are physically affected by the size of their breasts. This treatment can be the solution for back and neck problems. Patients need to be in the right frame of mind to consider surgery and also expect a reasonable outcome.

The following information has been created on behalf of Dr Paterson as a general guide to assist her patients.

Although the specific nature of the surgery may vary with each individual and is dependent on the exact circumstances of each patient, the information outlined below describes what you would reasonably expect to follow. It is intended to provide a broad overview of the important considerations related to the decision to have breast augmentation surgery.

Patients are encouraged to further discuss this information along with any specific questions or concerns with Dr Paterson during their consultation.

**Dr Jane Paterson knows that throughout history, the symbol of a woman's breast is incredibly powerful and vitally important.**



## COMMON REASONS WHY WOMEN CONSIDER HAVING BREAST REDUCTION SURGERY?

Why do women choose to undergo breast reduction? Many women are unhappy with the size and shape of their breasts, and the reasons they choose to undergo a breast reduction include:

- To alleviate pain and discomfort associated with a large bust
- Appearance; a wish to have smaller or less projecting breasts
- Bring overall body shape into proportion
- Breast asymmetry (different size/shape)
- As part of breast reconstruction
- After children or weight loss as the breasts may become droopy

During your consultation,

Dr Jane will discuss with you the various options that are available. Every woman is different and has unique expectations, and we feel confident that following this discussion you will arrive at a decision that is right for you.

Breast reduction surgery is highly recommended for those women who are physically affected by the size of their breasts. This treatment can be the solution for back and neck problems. Patients should avoid this type of surgery as a response to another individual's preference; breast surgery is about your body and your needs.

Any decision to undergo plastic surgery needs to be for the right reasons. Our cosmetic professionals believe that being healthy and happy with your decision will increase the chances of achieving a satisfactory result.

Smoking, a number of other medical conditions and being overweight can make surgery unsafe; however these and other risks will be discussed with you at the time of your consultation.



## **BREAST REDUCTION SURGERY CAN BE LIFE-CHANGING FOR WOMEN WHO FEEL BURDENED BY WHAT NATURE GAVE THEM.**

Breasts that are too large for the body frame present the following problems – emotional & physical issues, poor posture development, local health symptoms as well as lifestyle changes.

The pressure of the extra weight of oversized breasts can cause issues including, but not limited to:

- Backache and neck ache.
- Headaches and migraines.
- Shoulder aches and pains from the pressure of the bra straps caused by the weight of the breasts.
- Numbness and tingling in the fingers due to the pressure of the bra straps on nerves.
- Shortness of breath, particularly if asthmatic.
- Dermatitis under the lower breast folds.
- Scoliosis caused by the weight of the breasts on the spine and the neck.
- Thickening of the base of the neck.
- Poor posture and hunched shoulders from trying to hide the size of the breasts.
- Exercise and sporting activities are all the more difficult in these circumstances as it can simply exacerbate the physical pain, which can then increase the likelihood of weight problem.

## **WHAT ARE THE BENEFITS OF THIS PROCEDURE?**

Large breasts can be a significant burden for many women and most women find an amazing relief as a breast reduction surgery can, therefore, result in a tremendous improvement in a woman's daily comfort and quality of life.

Most women who undergo breast reduction surgery are thrilled with their result – for many, their only regret is not having had the procedure performed earlier.



## FACTORS TO CONSIDER BEFORE A BREAST REDUCTION



### ***If you plan to get pregnant after the procedure***

Changes in the breasts during pregnancy or significant weight loss/gain can alter the outcomes of previous breast reduction surgery. Your ability to breastfeed following breast reduction surgery may also become limited.



### ***Have you truly considered all of the risks?***

Just like with any surgery, breast surgery involves risk. Your surgeon will go through all of the risks with you well before your procedure; however, ensure you do thorough research and also seek a second opinion.



### ***If you are happy with the shape of your nipples***

Surgeons can actually improve the shape of the nipples during surgery. If this is a concern for you please bring it to their attention during your consultation.



### ***Do you have reasonable expectations?***

You need to be in the right frame of mind to consider surgery and also expect a reasonable outcome. While your surgeon will always strive to achieve the results you want, it is unreasonable to expect the exact same results as another person.



## What is involved with breast reduction surgery?

Breast reduction surgery is performed under a general anaesthesia and requires a hospital stay of one night. All types of breast reduction surgery result in some form of scarring. The extent and placement of these scars will be determined on an individual basis, depending on the amount of reduction required, and the quality of the breast tissue and skin that remains.

Before deciding to have breast reduction surgery, Dr Paterson will ensure that:

- You have a stable, healthy weight
- You are generally otherwise fit and healthy
- Your breast screening is up to date
- If you are a smoker, seriously consider quitting
- Patients need to be at least over 18 years old and have finished breast development

Dr Paterson will explain all of the main considerations and limitations and you will be fully informed of all of the costs associated with a breast reduction surgery, including the cost of your specialist anaesthetist, the fully accredited hospital, and all of your post-operative care and appointments.

The wounds are all closed with dissolving sutures and are covered with waterproof dressings, allowing you to shower as soon as you feel comfortable. You will be asked to wear a soft surgical bra for support and comfort during the first two weeks to allow your breast to heal properly in their new shape, and you should avoid heavy lifting for the first 6 weeks.



## RECOVERY AFTER SURGERY

- Post-operative pain is usually limited and is well controlled with pain relief tablets. Your wounds will be covered with waterproof dressings so that you may shower as soon as you feel comfortable.
- Patients may generally feel a little uncomfortable for a few days. It is expected and entirely normal to experience some discomfort, swelling and bruising to your breasts after your surgery.
- You will be asked to wear a soft surgical bra for support and comfort during the first three weeks to allow your breast to heal properly into their new shape.
- You should avoid heavy lifting for the first 6 weeks; avoid the gym, aerobics, running, etc.
- Gradually increase mobility and activity; patients have generally returned to most normal day to day activities at two weeks.
- Most women allow approximately two weeks off work. However, you may require additional time if your job is more physically demanding.

Everyone will experience anaesthetic and recover from an operation differently. Although uncommon, complications can also occur and this may result in a longer recovery time.

Dr Jane Paterson will review you every twelve months at no charge to ensure your ongoing



**All surgery is a balance between realistic surgical goals and knowledge of possible risks and complications. Risks are minimised by careful patient selection and planning, high standards of surgical training, meticulous surgical technique and vigilant postoperative care.**

Small, less serious issues are common and every effort is made to resolve them quickly. These very rarely have any long term effect on an excellent final result.

## **RISKS TO CONSIDER**

**Anaesthetic:** In healthy people, general anaesthesia is very safe with modern techniques. Dr Paterson will give you the details of your anaesthetist prior to surgery to discuss any specific concerns.

**Infection in the wound:** If this does occur, it can usually be cleared up with antibiotic tablets.

**Scars:** Typically the resulting scars are at their thickest and reddest at 6-10 weeks after surgery. Scars continue to mature and improve for up to 18 months after surgery. Scar management advice will be discussed in your follow-up visit with Dr Paterson to assist in achieving the goal of a thin, barely noticeable scar.

**Sensation:** This is rarely altered with surgery. The nipple area may be numb or may even become more sensitive. This may affect both normal sensation and erotic sensation. Generally, this settles down over weeks or months.

**Symmetry:** The final result will take several months to achieve. The majority of women have different sized or shaped breasts before surgery. These differences are taken into account for your operation but small differences may continue to exist or even new ones created. Small differences may be increased after augmentation. Scars may also be slightly different on your right compared to left side.

**Wound separation/delayed healing:** This is much more common in smokers or if there is an infection.





**Disclaimer:** Individual results will vary from patient to patient according to factors including but not limited to; genetics, environment and lifestyle factors. All surgery carries possible risk and recovery times. Before proceeding with surgery, it is advisable to seek a second opinion from an appropriately qualified medical practitioner such as a Plastic Surgeon. All before and after patient photos are of real patients who have had their surgery performed by Dr Jane Paterson. These patients have given their consent to share their photos.

Plastic Surgeon is a regulated term that can only be used by surgeons who have completed speciality training within plastic surgery and are Fellows of the Royal Australasian College of Surgeons (FRACS).

Dr Jane Paterson (MED0001141949) is a registered medical practitioner with specialist registration in Plastic Surgery.

